

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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Marshalltown, Iowa 50158

Recession 2009

By Staff Writer

Well, the world economy was going sour anyway with the irresponsible heads of banks and insurance companies. Their lack of corporate ethics pushed the world economy over the hill. The Madoff scandal certainly did not help either. As of Friday (January 9) 550,000 people have lost their jobs. More than 1/2 a million!! Not a good situation. Car sales were down 36% in December alone! Starbucks is closing 600 stores. Macy's is closing 6 with the promise that people can have jobs in other stores. Now who is going to move for a retail clerks position in another state?

Alcoa Aluminum posted 1.19 Billion loss last quarter. But here is the kicker. In response to lower demand crude oil has dropped 25%. Exxon however last quarter had the largest quarter profit EVER. It was the largest corporate quarter profit in the world!!! Now if they can do that and lower gasoline prices and still make a

profit we have definitely been given the shaft this last year as even the common man knew but nobody wanted to prove it. The Bush administration has 35 men from the top down who are oil related. I wonder whose interests we are looking out for in Iraq? It is oil and the Halliburton Corporation who specializes in moving things. They have the entire account for foodservices to the troops. Stores like Wal-Mart won't suffer because people that usually don't buy there will now have to due to lack of money. To add to the problem many food pantries are down in supplies by 50%. If you have your job and no chances of losing it you should remember to help others who are in dire needs.

I am not an economist so I do not know the answer to this situation. It seems like time is the only healer. There has been some talk about public works projects like the 1930's CCC etc. Well I always think of the children in these situations and the stress it must cause.

QUOTATIONS

I love Will Rogers quotes. I am no Will Rogers but, I thought I would tackle some about IVH and VA.

1) The problem with aging here is that you have too much time to look into the mirror.

2) If soldiers were treated as aggressively by the VA after discharge as they are in basic training, there would be no need for recruiting officers.

3) The main problem with administration is they don't live here.

4) If we could cut back on the **personal** use of State of Iowa paper we could save a whole forest.

COST REDUCTIONS

Residents are always wishing that staff **would listen to their ideas**. In the area of cost reduction due to the 3% budget pay back to the governor I think we can get attention from administration. We even have some PhD's in here. Submit your ideas to anybody. Stars "N" Stripes a staff member you trust, social worker, Commandant's Hotline etc.

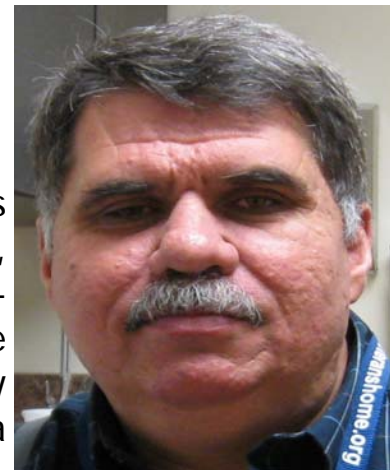
PUT IT BACK IN THE RACK

To do our part in the budget cuts we have cut back on the number of issues we print so when you are done reading it PUT IT BACK IN THE RACK!!

Also if you have a computer you can access it there also. Please do that if you are computer literate.

Meet Pat Mc Gill Physician Assistant

By Staff Writer



Pat McGill has lived in Vinton, Iowa since January 11, 2008. He was previously employed at a family practice office in Riverside, California. Now, Pat is the newest staff member in our Mental Health Dept. here at IVH. He has been a Physician Assistant since 1977, and finds it very rewarding. Some of his goals here at IVH are: helping the Veterans get a better quality of life and if a resident has a crisis, Pat will help him/her no matter what time of day.

Pat agrees that a person cannot really be cured, but he says it depends on the disease. You can take away the symptoms but there is no real cure.

Another area Pat excels on is being a team player with the other medical staff here at our Medical Clinic. He was a former Navy man for 11 years and 3 years in the Air Force. He does admit the excitement of the Navy.

As far as any hobbies, he goes to the gym and spends time with his family. Pat offers his sound advice:

Try to be happy, and live your life the best way you can.

Germany's Nursing Homes.

By Bill Eilers

For those who might be interested on how some things function at a nursing home in Germany here are some simple rundown's for you. Staff and RTW's were able to take time to interact with residents. There were 2 juice dispensers for residents and guests to enjoy a glass or two of juice. Around 9:30 a.m. an RTW would bring a cart containing fresh fruits, one or two boxes of juice, a bottle of water, and a small bowl of candy for the residents. Come mealtime the residents went to the dining room.

All the tables were square, the silver ware was on the tables, cloth napkins were also on the table. There were 4-5 small bottles of juice on the table including 1 or 2 bottles of water. Everyone greeted each other by saying: **Mahlzeit (Enjoy your meal) Guten Appetit: (Wishing you good eating), and no one wore a cap while eating..**

There were no overhead speaker announcements. The staff wore pagers to communicate, and the only thing the speaker was used for was listening to a local radio station playing music. I hope all of you enjoyed this article, and perhaps we could learn a thing or two from this. **Malzheit and Guten Appetit are not mis-spelled words.**



The Dining Room



Another view of the main entrance of the nursing home



Some of the residents

Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at IVH:

I am writing to you at the end of the day on January 22. Today was Veterans Day at the Statehouse, which is a day when Veterans from across Iowa come to Des Moines to encourage the legislature to take actions that improve the lives veterans living in our state.

Three years ago, I began a tradition of having the chaplains from the Iowa Veterans Home say the opening prayers before House and Senate. The IVH Choir has been able to sing a choral response following the prayer. That happened again today. The choir was exceptional! Later in the morning, they sang in the rotunda.

In addition to the choir, four residents of the IVH came down to participate in Veterans Day at the Statehouse. They joined veterans from across Iowa in calling for full funding of the Iowa Veterans Home and supporting several other programs for Iowa's veterans. They had an

opportunity to speak with Representative Lisa Heddens, who is the co-chair of the Human Services Budget subcommittee. They also met with State Veterans of Foreign Wars Commander, Larry Larson. We are fortunate to have Commander Larson living in Marshalltown.

I continue to promote that other members of the Iowa General Assembly join us for our town hall meetings. Please keep in mind that the town hall meetings are on the fourth Monday of every month at 9 a.m. in the Malloy LRC. Upcoming dates include: February 23 and March 23.

I hope to you see then and that you are staying warm through the winter!

-Mark



IVH Choir

Editorials & Opinions

Scrooged again...

A lot of good it did to put holiday decorations up on the Dack 2 patio. They worked a little over 2 weeks. I called the Sheeler "O" to tell her they weren't lit. Then I figured they'd be fixed. Time went on, nothing done. I then left voice mail on the Groundskeeper phone; still nothing. Those and the tree/deer ar-raignments complement each other, and it would be nice if all of it worked together. The same happened last year. I passed it off as Que Sera, Sera (whatever will be, will be) but since it happened again, I'm sounding off. When something gets reported let's see it get taken care of and make this next year better. Thank you.

Sheryl Nuehring, Heinz Hall

GOOD MENTAL HEALTH TIPS

No editorials this month as I am packing for my trip. Here are some good mental health tips from our staff.

- 1) Recognize stressors
- 2) Believe in yourself
- 3) Keep a sense of humor

- 4) Exercise
- 5) Take meds as prescribed
- 6) Focus on the positive
- 7) Continue to learn
- 8) Eat a healthy diet
- 9) Nurture social support
- 10) Identify meaning in life
- 11) Take time to relax
- 12) Get adequate rest

Action is needed...

Please get outside maintenance and residents to clean up smoke areas before it snows again.

Last: Attention Commandant, Safety and Security...

Someone needs to catch residents who are responsible for trashing the outside smoking areas.

Steve Burke/ Housekeeping



Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-printed. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Stars & Stripes Office Dack Hall or the, Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail

PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

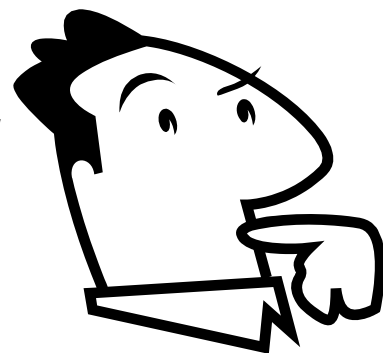
1. Don't shuffle your feet.
2. Don't wander off too far.
3. Are you listening to me young man/
lady?
4. After your chores are done, then you
can play outside.
5. What's going on?
6. Share your toys.



Thank God the kids are gone. They certainly gave us our share of gray hair and wrinkles. I hope we saved enough money for our BOTOX injections!

Thinking Out Loud

- 1) I am reading up about Thailand's history before I leave January 24th. It is a very interesting country. The only country in South East Asia that was not a principality of a foreign power such as the France or Britain, or China.
- 2) I wonder why people yell in the cafeteria line. Is it because the line is long and too slow when there is only 1-2 people on the North side? Too lazy to walk another 20 feet?
- 3) Well, the Holidays are over and the stress changes to focus on **DOING TAXES!!** Sooooo much fun!!
- 4) I pity the housekeeping department during the "sand" season and on "popcorn days"!
- 5) This is the year of "crooks and thieves" between the Madoff scandal, insurance companies, and banks.
- 6) I read the other day were vehicle sales were down 36% during December. Now is the time to trade if you can afford it!! The rich, **as always**, can take advantage of all this. KLV



Farmin' Like It Used To Be

THE SALESMAN

Back in the "Good Old Days" farm women would meet and greet a lot of salesman. People were more trust worthy and allowed people in there homes back then however most of them were local people. Maybe the house wife was anxious to talk to someone else other than the family or wanted to take a break. You always knew when it was a city slicker because instead of coming to the back door like all the farm people did he would knock on the front door which probably was used once in 5 years!!

The most famous ones were the Watkins and Raleigh salesmen (Not salespersons because they were almost always men). These gentlemen sold cooking spices of good quality and you can still find some of these brands at the state fair. The one I always remember grandma buying, along with other farm wives, was their vanilla. It wasn't the imitation stuff we have today but the real thing from vanilla beans, Both companies were known for their vanilla by all the good cooks around the farm community.

One of the next popular salesman was the Fuller Brush man. They always had the neatest brushes for that special hard to get place. I wonder if they are around today? They had brushes you could

never find today and were quite popular with the farm wives. A person could make a fairly good side income from these products if he was not shy or afraid of the public.

The next guy was the Electrolux vacuum Cleaner salesman. The Electrolux was popular because the main vacuum trailed along on wheels on the floor while you just held the wand with hose and whatever attachment you wanted.

Before the Schwan's truck it was the Mary Jane bread man who had all kinds of bread and rolls to eat. We always bought some jelly filled rolls to take to the barn while we milked. I think they were out of Ottumwa.

One of the slickest smoothest salesman I will NEVER forget was a fellow who stopped buy one night selling "Violin - Ukes"!! Ha Ha Ha!! They weren't even close to a violin or ukulele. They were a flat piece of wood with string wrapped a round steel pegs at the borders and played by a bow. It was sprayed with gold and some red and blue fluorescent colors. He was slick. He would get your attention by playing some familiar songs and then burst out into Barney Google. I dare say he sold one to people who never wanted one!! We were suckers and bought one.

Lumosity.com

By Dr. Mark Minear

Most of us like to play games—right? And, in this day and age, many of us like to play video games—right? Well, if I have caught your attention, you might enjoy and benefit from Lumosity.com. In the past decade or so, much research in cognitive rehabilitation is beginning to show significant evidence that mental exercises are to the brain as physical exercises are to the body. Lumosity.com is a computer program that, not only provides the good mental exercises, but it also has a way of showing you your progress over time.

A few months ago IVH established 20 subscriptions for residents to participate in this Lumosity.com program. We have a few regular residents who have already benefitted in a significant way; however, we also have a few open spots if you are interested. The program takes about 20-30 minutes per day, five days per week, between the hours of 12:00 noon and 1:00 p.m., in Conference Room 7 in the Malloy basement. If you have questions about the program or want to sign up for a trial, please contact Marie Robertson, Mental Health Nurse, at ext. 548. If you can not reach Marie, then please contact Diana Stonewall, Mental Health Secretary, at ext. 437.

Come on... have some fun and sharpen your mental abilities at the same time!

Native American Proverbs

A very great vision is needed and the man who has it must follow it as the eagle seeks the deepest blue of the sky.

Crazy Horse

"Don't let yesterday use up too much of today." Cherokee

Man has responsibility, not power. " Tuscarora

"He who would do great things should not attempt them all alone." Seneca

"Everyone who is successful must have dreamed of something." Maricopa



Nutritionally Correct

By Jane Linnenbrink, RD/LD

Resolution Solutions for a Healthy New Year

New Year's resolutions often are about starting or stopping certain behaviors. The only problem is, resolutions are almost always broken. Start 2009 right by resolving to make this the year you really focus on your health.

Consider these resolution solutions to learn how you can succeed — in 2009 and beyond.

1. Start by assessing your food choices and lifestyle. Keep track of what you eat and drink so you can identify the behaviors you would like to change.
2. Set goals and be realistic. Change doesn't mean you have to give up the foods you like. Divide big goals such as "I will eat better" into smaller, more specific goals such as "I will eat one more piece of fruit per day."
3. Be patient and don't give up if you don't see a huge difference right away. Make small changes over time. Real change takes time, commitment and encouragement. Stick with your plan. If you get off track, pick up where you left off and start again.
4. Seek help from a qualified health professional. A registered dietitian is the best source of reliable and up-to-date food and nutrition information, with the skills to translate science into practical advice you can use.

And finally, take care of yourself! Change is hard work and you deserve a pat on the back. Reward yourself with a new DVD or a new outfit. And remember, feeling good and enjoying the best possible health will always be the best reward.

Happy New Year!



Poetry Page

"Remember"

Once again the winter holidays are here,
a time to rejoice and keep your loved
ones near. A time to reminiscence all
of the good things and times that has
come to past, all the while knowing
that its only Gods love that will ever
last.

Remembering things like the first time
when you first started school, coming
in new clothes and lunch money you
were too cool. But all of those memo-
ries are in the past, and you think to
yourself I am grown at last.

But as you well know everything as you
become older turns anew, and when
you no longer get toys for Christmas
you know you grew. As everything
else this poem can't last, but its still
nice to remember the past.

Henry Hubbard



Change...



Finally, at last
we have found
someone that
is willing to
endure all
things that
have gone ter-
ribly wrong. A
man that is
determined to
put America
back together.

He admits that it will not be easy, yet he
encourages us all to not to give up. A
man from various ethnic backgrounds,
still he is an American. So, no matter
how one feels towards Barack Obama
give him the chance to lead this country
to make us feel that we all are important
once again.

By an anonymous author



GETTING TO KNOW YOU — OUR STAR VOLUNTEERS —

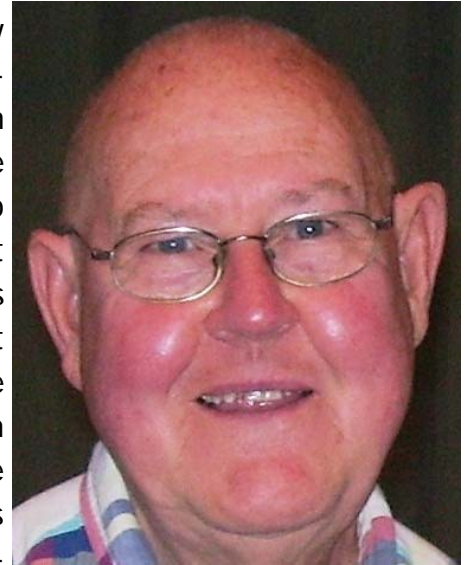
By Rose Elsbecker

Born on 6-3-1933, Olaf Grosland is a native Iowan who hails from the small town of Kensett, IA, north of Mason City. Olaf is himself a veteran, having served in the army during the Korean War era. Volunteering at IVH has given him an opportunity to meet other veterans who were stationed in Germany at the same time that he was. Though they did not know one another at the time, they have had a great time getting acquainted and sharing old stories together.

Mr. Grosland is grateful for benefits from the GI bill. He tells us the GI made it possible for him to attend college at the University of Northern Iowa, and to earn a teaching degree in the field of business in 1961. Olaf used those skills to teach business courses in Laurel, IA, just south of Marshalltown. Gilman merged with Laurel to become SEMCO, which then merged with LDF to become what is now known as East Marshall. Business courses at that time included such things as accounting, business math, office skills, typing, and shorthand. He later moved on to teaching word processing and remembers when they first incorporated computer keyboarding skills into the classroom. He also remembers the days at UNI that began with manual typewriters, then electric typewriters, then the IBM typewriters with memory.

Mr. Grosland sounds like an some teacher, one who sets a standard of excellence, but has some fun along the way. That's not a bad lesson for any of us. Currently, Mr. Grosland thoroughly enjoys meeting and working with the residents at IVH. He brings that same enthusi-

asm and energy from the classroom along with him when he comes to IVH. Here at IVH, Olaf enjoys being an escort and helping the students from Franklin make holiday crafts with the residents, going on fishing trips, taking residents out to dinner or the casino, having a picnic- you name it, Olaf enjoys whatever he can do to lend a helping hand to those veterans and their families who have given so much for us.



Olaf Grosland: Friend and Neighbor/Recreational Volunteer/Resident Advocate.

He is a proud member of the American Legion in Gilman, and a lifetime member of the VFW in Mason City. He also serves as a volunteer driver for the Marshall County Commission of Veterans Affairs who provide a valuable service to veterans in the community by transporting veterans in one of their vans to VA hospitals in Des Moines, Iowa City, and sometimes Knoxville. Another one of Mr. Grosland's roles is to serve as a Resident Advocate. Having spent a lot of time on the grounds and getting to know people on a first hand basis, paves the way for him to serve as a valuable resource person for the residents.

Chapel Events for February

Videos for February are:

Videos-

Tuesdays at 3:00 pm:

February 3: Patrick of Ireland: Part 1

February 10: Patrick of Ireland: Part 2

February 17: Francis of Assisi: Part 1

February 24: Francis of Assisi: Part 2



On February 25 Ash Wednesday service will be held at 1:30 in the Chapel
Lenten Morning prayer services will begin February 26, in the chapel
beginning at 7:30 am.

THOUGHTS TO REMEMBER

Be a circle of strength for each other

Speak the language of team

Seek excellence

Do not let fear control your thinking or acting

Know and live your values

Do not tolerate toxic people or destructive actions

Focus on goals, not hardships

Midwest Phrases

By Ken Wilson

Midwest Phrases is obtained from the book "A Hog On Ice" by Charles Earle Funk

This month's phrase is : Tit For Tat

A blow for a blow; an ill deed for an ill deed. This phrase, which expresses moderate retaliation, goes back only about four centuries in its present form, but before that it was "a tip for tap" which goes back certainly a hundred years earlier and probably much more than that. A "tip" in Middle English, was a light blow; a "tap" then as now was a light blow. So the expression is far weaker than the old Hebrew adage, "an eye for an eye, and a tooth for a tooth." We used it chiefly in reference to speech: an insult for an insult; an unkind remark in return for an unkind remark. Probably the original expression was influenced by the French phrase, *tant pour tant*, literally, so much for so much.

A version of Tit for Tat is a handshake.



A Word Of Thanks

This is a simple "Thank You" to all of you wonderful people who encouraged me with cards, flowers, and calls of good wishes during my recuperation with a fractured pelvis. I'm glad to be back to work on my regular schedule– what a great place to work.

Sincerely, Charlotte Hunt/ Library Aide



Improving Your Vocabulary

Do you know the definitions of these words?

1. Ubiquitous
2. Tantamount
3. Supplant

Answers on back page.

What's New In The Peterson Library

BOOKS



Title

Author

Black ops	W. E. B.Griffin
The Consumer Reports Buying Guide 2009	Consumer Reports, Editors
The Homeplace	Gilbert Morris
The Host	Stephenie Meyer
The independence of Miss Mary Bennet	Colleen McCullough
The lucky one	Nicholas Sparks
The Message	Eugene Peterson
Out of focus...again	Ann B. Kochenberger
Place to belong	Tracie Peterson
Running Hot	Jayne Ann Krentz
Show no fear	Perri O'Shaughnessy
Tender journeys	Tracie Peterson
The Willing Heart	Tracie Peterson

DVDs



An American Christmas Carol	Anchors aweigh
Bob Hope	Catch 22
The Christmas card	Christmas with the Kranks
The Chronicles of Narnia. Prince Caspian	Con air
The Dark Knight	Eagle Eye
First Blood	The Lord of the Rings
Mamma Mia! The Movie	Prairie Home Companion
Rambo	Shockwave
Vietnam Soldier's Story	

Charles Schultz Philosophy

Submitted by Staff Writer

The following is the philosophy of Charles Schultz, the creator of the 'Peanuts' comic strip. You don't have to actually answer the questions. Just read straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.



Gerhardt's Line...

BE THANKFUL!!

There was a blind girl who hated herself because she was blind. She hated everyone, except her loving boyfriend. He was always there for her. She told her boyfriend: "if I could only see the world, I will marry you." One day, someone donated a pair of eyes to her. When the bandages came off, she was able to see everything, including her boyfriend. He asked her: "Now that you can see the world, will you marry me?"

The girl looked at her boyfriend and saw that he was blind. The sight of his closed eyelids shocked her. She hadn't expected that. The thought of looking at them the rest of her life led her to refuse to marry him. Her boyfriend left in tears and days later wrote a note to her saying: **"Take good care of your eyes, my dear, for before they were yours, they were mine."** This is how the human brain often works when our status changes.

Only a very few remember what life was like before, and who was always by their side in the most painful situations.
Life Is a Gift!!

Is Someone Interested To Explain The Following ???

Why would a person put out their cigarette in the tunnel here at IVH ? We do have places to put them out. Besides, if a cigarette is not properly put out it's a open door for a fire hazard in any of the facilities.

Finally, **spilled coffee on the elevator floor or in a hallway is an open door for someone to fall down.**
Please use a lid on your coffee.



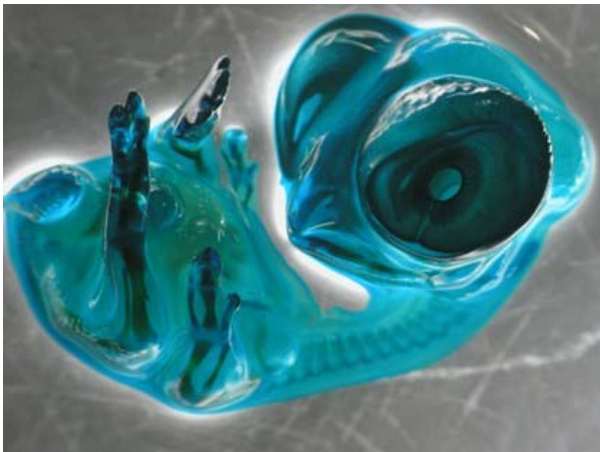
In order to save money on printing costs we are asking our readers to view the Stars "N" Strips on the IVH website at: www.iowaveteranshome.org.

Cartoons and Humor



Okay... which one of you is the guilty party containing Salmonella? Is it you Lubowski? Smith? or how about you Frank? Since you were the last one hanging out in the processing plant with that drop dead gorgeous leaf and stem.

B. Eilers



I was suppose to grow up as a bald eagle but, something went terribly wrong.

B. Eilers

Quiet Reflections



Answers to Improving Your Vocabulary

1. Existing everywhere
2. Equivalent in value or significance
3. To substitute and replace

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- *Mark Twain*

